



COUGAR NEWS



February 16, 2024

No. 06

Clavet School

Administrator's Message

As we prepare to wrap up another basketball season, I thought it important to acknowledge the parent support that we are so fortunate to experience at Clavet School. We have a number of parent and community volunteers who have played a critical role in coaching and supervising our athletic teams. Parents are also helping out with our musical and drama programs; and providing support for our brick builders club. We have community volunteers who help out in the school, sharing their knowledge and experience; reading to students; shelving books in the library; volunteering in the servery to prepare snacks and lunches for the students; providing a band opportunity for our students; supporting our Brick Builders club; providing extra-curricular art opportunities and accompanying groups on field trips. We're hoping for both great weather, some additional snow, and a lot of parent volunteers to help with our grade 5 to 9 ski trip on March 23rd.

Please contact the school if you are available for the ski trip, or if you would like to help out with any other volunteer opportunities or if you have ideas about other ways you can contribute to making our school a more engaging environment for our students.

On behalf of the staff I would like to acknowledge and thank the SCC members for their ongoing support, but I would like to especially thank them for organizing the staff appreciation treats they provided on February 16th. Thanks to all of the parents and students who contributed. In the midst of a difficult period for teachers, the support that was demonstrated was much appreciated.

Enjoy the break.

Brian Matisz
Principal
Clavet School
306-933-1022



CLAVET PRE-KINDERGARTEN

The Clavet Pre-Kindergarten program for three and four year old children runs Monday to Thursday 9am-12pm. The open house date and times for Pre-Kindergarten for the 2024-2025 school year will be posted on our website and in upcoming newsletters. Applications are done online, please visit our website at clavet@spiritsd.ca or the Prairie Spirit website at spiritsd.ca. Children must be three years old by September 1st. Please call the office at 306-933-1022 or email christine.findlater@spiritsd.ca for more information.



KINDERGARTEN REGISTRATION for the 2024-2025 School Year



Registration is now taking place for any child who will be turning five (5) by December 31, 2024. Registration is done online, please visit our website at clavet@spiritsd.ca or [PSSD Student Registration Form \(spiritsd.ca\)](http://PSSD Student Registration Form (spiritsd.ca)) to register your child for the 2024-2025 school year. Registration is important for an accurate class count. **Please pass this information on to your neighbours and friends.** There will be an open house in the spring, watch upcoming newsletters and/or the website for more information.

[Kindergarten Manual \(spiritsd.ca\)](http://Kindergarten Manual (spiritsd.ca))

If you have questions/concerns about your child starting kindergarten, please call or e-mail Tracy Fitzsimmons at 306-933-1022 or tracy.fitzsimmons@spiritsd.ca

WINTER RECESS GUIDELINES

Clavet School has established the following temperatures as a guideline for winter recess time. We would like all students to be dressed properly (winter jacket, ski-pants, toque, mitts, boots etc.) as we try to go outside as much as possible. Many students ask to go outside even when temperatures dip low. The combined temperature is based on Environment Canada's temperature of Saskatoon.



At the time of the recess break:

- -26 °C and warmer – everyone outside
- -27 °C to -39°C – All students dress up and run to football shack and back or be a part of Polar Bear Club
- Polar Bear Club - only those dressed properly will have the option to stay outside with teacher supervision
- - 40 °C and colder – everyone is to be indoors

ATTENDANCE



A friendly reminder to please enter the absence in Edsby or call the office with any student absence, in the event that your child's teacher is away we will have the information at the office. Thank you!

HOT LUNCHES

Almost every last day of the week, our school offers a hot lunch from a local vendor. We use a 3rd party website called Healthy Hunger, www.healthyhunger.ca, to set up all the orders and to collect all the money. These hot lunches are not a fundraiser for the school and we do not receive any profit from them. We decided to do this because we had numerous parent requests to set up a lunch program to help alleviate the burden of making school lunches every day. If for any reason a student is not here on the day of a hot lunch and is unable to receive their lunch we try to give it to a sibling or try sell it to another student. If we are able to sell it, we are then able to refund the student that is not here. Orders can be made, cancelled, or changed up to 5 days before the scheduled hot lunch (Sunday at midnight for a Friday lunch) by contacting Healthy Hunger directly through their website: www.healthyhunger.ca, by phone: [1-800-818-6260](tel:1-800-818-6260), or by email: support@healthyhunger.com.



If you have any other questions or concerns about hot lunches please contact the school: clavet@spiritsd.ca



DATES TO NOTE

FEB. 19

FAMILY DAY – NO CLASSES

FEB. 20-23

WINTER BREAK – NO CLASSES

FEB. 28

PINK SHIRT DAY - ANTI-BULLYING

MARCH 11

PREP TIME/P.D. DAY - NO CLASSES

MARCH 12

GRADES 5-9 SKI TRIP

MARCH 20-21

PARENT/TEACHER INTERVIEWS

COMMUNITY NEWS

New Canada Dental Benefit for Kids



The Canada Dental Benefit provides eligible parents or guardians with a direct tax-free payment of up to \$650 per year for two years to help cover dental expenses for children under 12. This is a temporary benefit available to families without private dental insurance and with an adjusted family net income under \$90,000. The permanent program is being developed and is due in 2024.

The first benefit period is for children under 12 years of age as of December 1, 2022 who receive oral health care between October 1, 2022 and June 30, 2023. The Canada Revenue Agency began receiving applications and processing payments for the benefit on December 1, 2022.

Details: [Canada Dental Benefit - Canada.ca](https://canadadentalbenefit.ca)

Online Criminal Record Checks

Please ensure your school community is aware of the Division's policy regarding online Criminal Record Checks. Our AP has been updated to include the online provider: certn.

A suggested message to share would be:

Online Criminal Record Checks (CRC)

Prairie Spirit's policy allows school volunteers to obtain their criminal record check from online providers recommended by the RCMP:

- Verifications Canada [VerificationsCanada](https://verificationscanada.ca)
- MyCRC [Canada's #1 Criminal Record Checks | Get Your Report in Minutes \(mycrc.ca\)](https://mycrc.ca)
- Certn [The World's Easiest Background Checks | Certn](https://certn.ca)

There is a cost for online CRCs, which is the responsibility of the volunteer. Vulnerable Sector Checks cannot be completed online.

Interested in playing Baseball?

Heard Clavet can no longer play in Saskatoon?

Sask Central River Pirates has formed and looking forward to a great 2024 Season!

For the 2024 Season the River Pirates will have the following divisions:

Jr Rally Cap - children born 2017 to 2019

Sr Rally Cap - children born 2015 to 2016

U11 Baseball - children born 2013 to 2014 U11 is a competitive league and will still play against Saskatoon teams. There will be evaluations for this age group.

Registration is OPEN, Deadline U11 March 1st, Jr and Sr Rally Cap March 31st.

For all information and registration links go to:

<http://www.saskcentralriverpirates.ca/>



Registration is open For U5-U9 soccer teams. More details to come about Kinder Soccer. Deadline to register is Sunday March 10. After this date refunds will no longer be possible, as we will have submitted teams and payment shortly after. To confirm your registration payment must be completed by March 10 as-well. Please feel free to message me if you have any questions. See below for registration link.

<http://clavet.rampregistrations.com/>

Or email clavetsoccer@outlook.com for more info! Thanks



CLAVET SKATING CLUB PROUDLY PRESENTS...



THE ERAS TOUR (CLAVET'S VERSION)



Featuring Special Guest Damien Bueckert: Senior Men's champion of Saskatchewan and Skate Canada National Championship competitor

Saturday, March 16 at 7:00 PM

Sunday, March 17 at 1:30 PM

Tickets available at the door OR
pre-order your preferred seat by contacting
info@clavetskatingclub.com

\$12 on-ice \$6 off-ice

Art Club

with Juli Labrecque



Community After School Arts & Crafts

When: Tuesdays at 3:15 (90 min)

Where: Clavet School

Different projects every week
beading & jewellery making, miniature world design,
sewing, line drawing, painting, fimo

Grades 4-7

Dates: (10 weeks) Start Date:

March 7th, 14th, 21st, 28th

April 4th, 18th, 25th

May 2th, 9th, 16th

Cost: \$120 per child (to cover all material costs)
maximum of 25 kids

contact - Juli Labrecque 306-341-1034 juli.labrecque@gmail.com

Art Club

with Juli Labrecque

Clavet Community After School Arts & Crafts

Child's Name _____

Grade _____

Favourite Colour _____

Favourite animal(s) _____

Favourite book(s) _____



Parent(s) Name _____

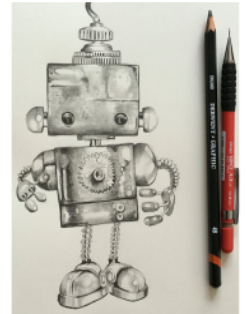
Contact # _____

Email (s) _____

Mailing Address _____

Any food allergies? Y or N _____

Who is picking them up? _____



~No refunds if your child is unable to attend a class

~Children must enjoy crafts and want to be there

~ Art Club is limited to 25 spots, 1st come first serve basis

~ Club fees can be paid by e transfer to juli.labrecque@gmail.com

Please return this form and the user form/fee promptly by

Feb 24th, to ensure your spot in the club.

Start Date: March 7th, 14th, 21st, 28th

April 4th, 18th, 25th May 2th, 9th, 16th



CALLING ALL MASTER BUILDERS!



THIS YEAR WE ARE HOSTING
OUR 2ND ANNUAL CLAVET
BRICK EXPO! WE ARE
INVITING STUDENTS AND
COMMUNITY MEMBERS TO
SUBMIT BRICK SETS OR
ORIGINAL DISPLAYS TO
SHOWCASE.

THE CLAVET BRICK EXPO
WILL TAKE PLACE
MARCH 3-4, 2024
MANY SETS TO BE GIVEN
AS PRIZES FOR INDIVIDUALS
PARTICIPATING.

PROVIDE NAME AND AGE OF PARTICIPANT.
NAME OF SET OR IF AN ORIGINAL CREATION.
PICTURE OF DISPLAY (OPT.).
INFORMATION FOR DROP OFF AND PICK UP TO FOLLOW.

EMAIL: CLAVETBRICKBUILDERS@HOTMAIL.COM BY FEBRUARY 28.
OR MESSAGE CLAVET BRICK BUILDERS ON FACEBOOK



2024 TABLE TENNIS FOR ALL

DATE: February 24, 2024

LOCATION: [Zion Lutheran Church, 323 4th Ave S, Saskatoon, SK S7K 1N3](#)

ENTRY DEADLINE: February 17, 2024 by 4:00 pm

Table Tennis for All — TTSASK

<https://www.ttsask.ca/new-events/2024/2/24/tt4a>



Table Tennis Sask | 510 Cynthia Street | Saskatoon, SK S7L 7K7

306-880-3660 | info@ttsask.ca | ttsask.ca | [Instagram](#) | [Facebook](#)



Clavet TaeKwon-Do Club



- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit



Now Accepting New Students

-Classes are held every Tuesday and Thursday evenings at the Clavet School. 6:30-7:30 Beginners, 7:30-8:30 Advanced.

-Families and students of all ages are welcome.

-Fees are \$30/month for the first family member and \$25/month for each additional family member.

***Free classes for beginner students will be held on Tuesday February 6th and Tuesday February 13th from 6:30pm to 7:30pm. Anyone interested in trying a martial art is welcome to attend with no further commitment necessary.**

For more information please contact:

Wendy Stevenson 306-227-6385

Dylan Watling 306-361-9313

Standard First Aid CPR/C Course and Recertification February 17th 2024.

Shaun Parfitt of XANIC Safety Training will be instructing a Standard First Aid CPR/C Blended Course with the in-person session on Saturday, February 17th 2024 at the Step It Up Dance Studio in Clavet. This course is open to anyone interested in obtaining their First Aid Course for workplace, school or personal interest or for anyone wishing to recertify their existing certificate. Part of the course must be completed online before the in-person session that will start at 9 am on Saturday, February 17th at #5 Main Street Clavet, Sk.

Course is \$160.00 with GST included. Please email stepitupdanceco@gmail.com to register. Coffee, snacks and a light lunch will be provided. February 10th will be the deadline for registration.



URGENT NEED FOR SPARE BUS DRIVERS



Spare Bus Drivers needed in our community

A Prairie Spirit Bus Driver:

- Receives free training; licensing fees covered
- Could take their young child along on route
- Follows the school calendar
- Earns pension and accesses health and dental benefits as a regular route driver

For more information, contact
Prairie Spirit's Transportation Department:
(306) 374-2496 or busing@spiritsd.ca



PRAIRIE SPIRIT
SCHOOL DIVISION



Prairie Spirit Bus Drivers

paid for a minimum of 4 hours, even if route is cancelled due to inclement weather

paid for a minimum of 105 km daily

receive excellent training and support

receive reimbursement for costs associated with attaining license (for example: medical exam, road test)

enjoy full pension and health and dental benefits as a regular route driver

CONTACT US
306-374-2496
busing@spiritsd.ca



PRAIRIE SPIRIT
SCHOOL DIVISION

Understanding and Supporting Students with Seasonal Affective Disorder (SAD)

Dear Caregivers and Families,

I hope you all enjoyed the holidays and are ready for a brand new year filled with opportunities for growth and learning. Today, I would like to shed light on Seasonal Affective Disorder (SAD), a condition that can impact students, particularly during the fall and winter months.

Seasonal Affective Disorder is a type of depression that occurs at a specific time of the year, most commonly in the fall and winter when daylight hours are shorter. It can affect individuals of all ages. Children and teenagers are not exempt. Recognizing the signs and understanding how to support your child is crucial for their overall well-being.

Common Symptoms of Seasonal Affective Disorder in Students:

1. **Changes in Mood:** Students with SAD may experience feelings of sadness, irritability, or moodiness that persist for an extended period.
2. **Fatigue and Low Energy:** A noticeable decrease in energy levels and increased fatigue may become apparent.
3. **Difficulty Concentrating:** SAD can impact a student's ability to focus, leading to difficulties in concentration and academic performance.
4. **Changes in Sleep Patterns:** Irregular sleep patterns, including difficulty falling asleep or oversleeping, can be indicative of SAD.
5. **Social Withdrawal:** Students may exhibit a desire to withdraw from social activities, isolating themselves from peers and friends.
6. **Changes in Appetite:** SAD can lead to changes in appetite, resulting in either increased or decreased food intake.



How Parents Can Support Their Child:

1. **Open Communication:** Encourage open communication with your child. Create a safe space for them to express their feelings and concerns.
 2. **Maintain a Healthy Routine:** Establish a consistent daily routine that includes regular sleep, healthy meals, and physical activity, even during the colder months.
 3. **Exposure to Natural Light:** Encourage exposure to natural light, even during the winter months. Consider outdoor activities or opening curtains to let sunlight into the home.
 4. **Seek Professional Help:** If you notice persistent symptoms, consider seeking guidance from a mental health professional. Counselors, therapists, and psychologists can provide valuable support.
 5. **Encourage Hobbies and Interests:** Engage your child in activities they enjoy. Hobbies and interests can be powerful tools in combating the effects of SAD.
 6. **Be Patient and Understanding:** Understand that SAD is a legitimate condition, and recovery takes time. Patience, empathy, and support from family can make a significant difference.
- If you have any concerns about your child's mental health or if you would like additional resources on Seasonal Affective Disorder, please do not hesitate to reach out.

Wishing you and your loved ones a wonderful year ahead.

Warm regards,
Nicole Tkachuk
Clavet School Counselor